THE DIRT ON 'CLEAN' BEAUTY CLAIMS

Experts weigh in on trend

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Ottawa metro

THE OA

Creepy until you're hooked

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Your essential daily news | TUESDAY, JANUARY 3, 2017 High 1°C/Low 0°C Snow, sleet

AND HERE WE GO

KONTINUUM, JUNE 23

CRASHED ICE, MARCH 3

PICNIC ON THE BRIDGE, JULY 2

2017 is here, and along with it a string of events all year long to celebrate Canada's 150th birthday. We take a look at what's on tap

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Your essential daily news

Canadian woman from Milton, Ont. believed dead in Istanbul nightclub attack. **World**

ENTREPRENEURS

Gaming expo to go high tech

An Ottawa-based marketing and events firm has acquired Capital Gaming Expo, and the new owner aims to turn it into a beacon for Ottawa's burgeoning gaming sector.

Under former owner Ottawa Geek Market, the multi-day convention targeted tabletop, card, role-playing, board and video game enthusiasts.

The market was looking to focus on its successful trade show, which features vendors selling handicrafts and nerd paraphernalia.

It sold its Game Summit to new owners Christian Gilbert and David Gagné, who will continue the traditional board game and tabletop gaming tournaments in the city, and approached Jillian Mood & Partners about acquiring CGX.

Company CEO Jillian Mood said she hopes to focus CGX more on high tech and turn the event into a hub for Canadian game development. She started her company after working in a series of HR roles at gaming companies throughout Ottawa.

The talent in Ottawa is underrated, Ms. Mood says. She's surprised a major gaming studio hasn't taken advantage of the workforce here, but thinks that's a distinct possibility in the near future.

Capital Gaming Expo 2017 will be hosted at the Nepean Sportsplex April 1-2.

OTTAWA BUSINESS JOURNAL

Flu shots are still available for patients hoping to avoid the flu this year. DARREN CALABRESE/ METRO

Flu bugging many

PUBLIC HEALTH

More cases at clinics this year than last

Dylan C. Robertson
For Metro | Ottawa

Ottawa is facing a snotty start to the year, with an early flu season that has walk-in clinics seeing an uptick in puffy-eyed, coughing patients.

The Bank Medical Centre told Metro it's seeing roughly 10 patients a day reporting flu symptoms, while Southbank Medical Centre reported being in "crisis mode" with double the normal number of patients it sees over the holidays.

Staff at the clinics declined to provide their names.

Ottawa Public Health told CBC last week it's had 81 lab-confirmed influenza cases in late 2016, compared with just 17 in the same period in 2015 — though it stressed that not all cases are reported.

81

Number of confirmed flu cases in late 2016, versus 17 in the same period in 2015.
SOURCE: OTTAWA PUBLIC HEALTH

Unlike in recent years, the agency has not published figures online for this flu season. But senior officials believe the flu's arrival in the middle of holiday festivities has given viruses a better chance of spreading, while a colder mid-December kept people inside.

That's led the Ottawa Hospital to ask sick people to avoid visiting loved ones, suggesting they phone or use the hospital's online message system.

Officials advise Ottawans to get the flu shot, which most pharmacies are still administering. They also suggest disinfecting cellphones and door knobs, and regular hand washing. The Public Health Agency of Canada suggests Canadians "avoid touching your nose, mouth or eyes with your hands" and to "cough and sneeze into the bend of your arm, not your hand." Most importantly, the agency urges sick Canadians to stay at home.

LEGISLATION

Raft of new regs this year

Ontario residents will notice more money in one pocket and less in another as electricity tax rebates and new carbon fees for natural gas and gasoline take effect in 2017.

First-time homebuyers will get a break on the land transfer tax and restaurant chains with at least 20 locations must post calorie counts on their menus.

Travellers planning winter vacations can also rely on packaged trips being advertised with all-in pricing and no hidden fees under new regulations taking effect Jan. 1.

The rules for police stopping citizens are also changing as officers will no longer be allowed to arbitrarily ask someone for ID, a controversial practice known as carding.

Premier Kathleen Wynne's promise to waive the 8 per-cent provincial portion of the HST on hydro bills kicks in to give ratepayers relief. It's expected to save the average homeowner about $11 monthly, or $130 a year.

Wynne has acknowledged that she made a "mistake" letting electricity costs rise rapidly — something opposition parties have pounced on with an election looming in 18 months and the Liberals lagging in public opinion polls.

"For years, Ontario residents, families and job creators have been struggling with never-ending increases to their hydro rates," said Tory MPP Monte McNaughton (Lambton-Kent-Middlesex). TORSTAR NEWS SERVICE

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OLG Slots
AT RIDEAU CARLETON RACEWAY

GATINEAU

Five left homeless after fire

An Aylmer fire engulfed three apartments on New Year's Day, causing an estimated $80,000 in damages.

Gatineau firefighters told Metro they believe the fire was caused by a heating element. They were called to 29 Patrimoine St. around 7:55 p.m.

Local media reported the fire had started in an upstairs room before spreading to the roof. Some 30 firefighters using 11 trucks managed to get the fire under control after two and a half hours.

Nobody was hurt, but at least five people can't return home.

Another Aylmer home caught fire Thursday, after an Eardley Road house suffered $50,000 in damages. Gatineau firefighters claim they found two marijuana plants during the fire. METRO

$80,000

The estimated property damage of a building fire in Aylmer on New Year's Day.

IN BRIEF

Cyclist killed in Chelsea

A cyclist was killed early New Year's Day after an accident on Highway 105, according to area police.

MRC des Collines-de-l'Outaouais police say a 62-year-old cyclist died after an accident near the Gatineau-Chelsea border. The scene was closed for much of Sunday morning. The accident is still under investigation.

Police were unable to provide any further information on Monday.

METRO

Equal Voice aims to show a different Parliament

GENDER

Young women will literally take a seat in the House

Ryan Tumilty
Metro | Ottawa

As Canada marks 150 years as a country, Equal Voice is hoping to show them what a dramatically different Parliament could look like.

The organization, which encourages women to run federally, is bringing 338 young women from across the country to literally take a seat in Parliament on March 8, as part of a conference called Daughters of the Vote.

Jasmine van Schouwen, a law student at the University of Ottawa will represent her riding of Kanata-Carleton at the event. She said she hopes the event will show that there are women interested in office.

"There is a big myth that there aren't women who are qualified or interested in taking political office," she said. "It will be a beautiful image to see that there are women who are ready to take these positions."

Currently, women occupy 26 per cent of the seats in parliament. Van Schouwen said that low representation leaves a lot of issues off the agenda.

"It means that women's issues are often simply not discussed, but it also means that young girls don't have women to look up to."

Jasmine van Schouwen will represent the Kanata-Carleton riding during the Daughters of the Vote Conference. CONTRIBUTED

She said, even if just briefly and symbolically, having every seat in Parliament occupied by a woman will show the system can change and be more representative.

Mary-Anne Carter, co-chair of the National Capital Region chapter of Equal Voice, said the event will include more than just the day in Parliament, but events designed to give women the tools to actually run for office.

"Part of this initiative is to encourage young woman to see that they are capable of taking on this journey," she said.

Equal Voice started announcing the list of delegates in mid December and Carter said they were overwhelmed with the interest they received in the event.

She said picking delegates was challenging and she expects the conference will show the depth of future female leaders are out there in Canada.

"These women are really doing some fabulous things in their community. So it's going to show the talent we have."

> **There is a big myth that there aren't women who are qualified or interested in taking political office.** Jasmine van Schouwen

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TRANSIT

Routes, fares see changes

Haley Ritchie
Metro | Ottawa

OC Transpo is welcoming in the New Year with new routes and changed fares.

More than 50 routes have been added, modified or renamed. For example, the 5 Route will split in two at the Rideau Centre, with the 5 serving Billings Bridge and Rideau Street and a new route, 19, running between St-Laurent and Bank Street at Albert/Slater via Mackenzie King Bridge.

The 93 route will disappear and be replaced by new all-day Route 63 and Route 64.

Transit is also operating on a holiday schedule, with reduced service continuing until January 7.

Fares and monthly passes are also seeing changes.

Premium prices for express routes — which make fewer stops — are completely eliminated as of January 1. People travelling on those buses, which have been renamed "Connexion", will pay the regular fare and express passes will no longer exist.

The student monthly pass will be replaced with a youth pass, that will be available to everyone 19 and under.

For those purchasing their adult transit pass in the new year, keep in mind the cost has risen to $113.75, an $8 increase.

5 BIG EVENTS FOR OTTAWA 2017

After talking about it for a long time, Canada's 150th birthday is finally here. As Canada's capital celebrates 150 years of Confederation, here are five events to take in during the first part of the year. DYLAN C. ROBERTSON FOR METRO

1 Red Bull Crashed Ice

March 3-4

Extreme athletes decked out in hockey gear lunge themselves down a curving, bumpy track of ice as part of the Ice Cross Downhill World Championship. After tours in France, Finland, Minnesota, the final takes place in Ottawa, crashing down a section of the Rideau Canal.

CONTRIBUTED

2 HTML150

March 4

Join local start-ups for a free crash course in HTML and CSS, aimed at getting Ottawans to learn all about coding. Hosted by Lighthouse Labs, this one-day event takes place at the Innovation Centre at Bayview Yards.

A worker cleans up Monday after the first Ottawa 2017 event — the cauldron lighting on New Year's Eve. HALEY RITCHIE/METRO

3 KONTINUUM

June 23- September 15

Before Ottawa opens its Confederation LRT line in 2018, Lyon Station (located at Queen St.) will open its doors to a multimedia exhibition on a tunnel that connects Ottawans to the future.

4 10,000 Steps and Hoops

June 3

Head to Hintonburg to celebrate National Health and Fitness Day by roving the neighbourhood at this all-ages event. You'll take in the recommended number of daily steps by strolling to a dozen activities with historical themes, including basketball, an old-fashioned hoop-rolling contest and taking a slice from a massive birthday cake.

5 Picnic on the Bridge

July 2

For one day, the Royal Alexandra Bridge will be closed to commuters and covered with sod, allowing sold-out $51.80 ticket holders a chance to dine over the Ottawa River in both languages, while the rest of us eye them jealously.

CONTRIBUTED

HEALTH

Foot doctor facing sanctions after failed implant surgery

Dylan C. Robertson
For Metro | Ottawa

A regulatory college could take the license of an Ottawa foot doctor after a patient suffered persistent pain from an experimental medical implant.

It's the second time Pierre Dupont has been banned from a medical practice, after Quebec suspended him from practicing dentistry.

Erika Brathwaite, a former patient, told Metro her life is "exponentially worse than anything I initially went there to be treated for."

She visited Dupont at the Ottawa Foot Practice in Nepean because of knee pain that she believed was caused by her flat feet.

In October 2015, Dupont installed an implant and Brathwaite said the surgery left her in severe pain and unable to walk. She had Dupont remove the implant a month later.

But even after physiotherapy, Brathwaite has a torn tendon she believes was caused by the surgeries, though this hasn't been proven.

Though she used to hike frequently, she now has difficulty carrying groceries and walking on stairs, snow or sand.

> **The guy is a real creep. He took me for a ride.**
> Erika Brathwaite

"The guy is a real creep. He really took me for a ride," she said.

Brathwaite complained to the College of Chiropodists of Ontario in November 2015. She said her complaint languished until the CBC started investigating last April.

Dupont could be placed under supervision, ordered to take classes or be banned entirely from the college.

Brathwaite is part of roughly a dozen people who have filed a $15 million class-action lawsuit against Dupont; their claims have not been tested in court. Metro could not reach Dupont nor his lawyer on Monday.

Polar bear dip on thin ice

FUNDRAISING

New Years tradition loses title sponsor

Haley Ritchie
Metro | Ottawa

There's no grinning and polar bearing it this year for Ottawans who wanted to take the icy plunge at the Sears Great Canadian Chill.

In November, the organization posted a message to its Facebook page, announcing that Sears had pulled out as a sponsor and the annual fundraiser would be cancelled. Participants run or jump into the cold water of the Ottawa River to raises money for the fight against childhood cancer.

"This decision was not made lightly, though their departure from this position impacts our plans for the year ahead," read the message.

"Therefore, without a title sponsor, both the Toronto and Ottawa Chill events will be on hold for 2017. We remain passionate about The Chill and are actively looking for a new sponsor."

In previous years — the event has been a tradition for more than a decade — the event has taken place at Britannia Beach in Ottawa.

Catherine Gagnon, who lives in Ottawa and has taken the icy plunge for the past two years with her friend, was disappointed with the cancellation.

"We were bummed," she said. "This is the third year we wanted to do it and yesterday we drove out there and said 'Aw, we haven't jumped in.' We looked around for other events we could join and we couldn't find anything that was officially organized."

"We're disappointed. I don't know why sponsorship was ended. There's more people every year. It's a very big event," she said.

The money from the event in Ottawa went to support the Children's Hospital of Eastern Ontario.

Gagnon said the family has relied on CHEO in the past, which motivated her to raise money to help other families.

> **We're disappointed.** I don't know why sponsorship was ended. There's more people every year. It's a very big event.
>
> Catherine Gagnon

Gagnon said the two friends would probably still participate if it was held later this year, but they had began to see the event as a way to start the new year fresh.

"It would be nice to have it on January 1 — you start fresh — you push the start of your year and do something crazy. It sets the tone for the rest of the year," she said.

Organizers of the Great Canadian Chill did not respond to a request for more information.

Caroline Phillips reacts to the cold as she takes part in an earlier polar bear dip. JONATHAN HAYWARD/THE CANADIAN PRESS

HERITAGE WINTER CLASSIC

Outdoor game still possible: Bettman

The NHL is still in talks about hosting the Heritage Winter Classic in Ottawa this year.

National Hockey League commissioner Gary Bettman told TSN over the weekend that having a game in Ottawa is still being discussed — but the location isn't a sure thing.

"We're exploring the possibility," he said.

"Obviously to be in a position to commemorate the first game that was played in December would be a fun event, wherever we might play it. But we're looking at it very seriously and having the discussions that you would expect us to have."

Canada's 150th birthday in 2017 coincides with the 100th anniversary of the NHL and the Ottawa Senators' 25th season.

The very first NHL game took place in Ottawa in December 1917 between the Montreal Canadiens and the Ottawa Senators. The city wants to recreate that historic game this year. HALEY RITCHIE/METRO OTTAWA

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Free entry for 150 a concern

BIRTHDAY BASH

Conservationists sound alarms over national parks in 2017

Parks Canada is preparing for an increase in visitors this year as people across the country and around the world request free annual passes to explore the nation's natural treasures as part of Canada's 150th anniversary celebration.

Conservationists say it is important for people to connect with nature, but there are concerns about how more tourists may affect the ecological integrity of some of the more popular parks.

Ben Gadd, a retired nature guide and author of Handbook of the Canadian Rockies, said he is worried about increased vehicle traffic.

"Clearly the highway system in the mountain parks — it is going to be terrible next summer all summer long," said Gadd, who has been hiking in the region since 1968.

"When you have that situation and animals trying to cross there are going to be more accidents, more animals killed."

Gadd said he is also concerned about crowded attractions, trash and people feeding or getting too close to wildlife.

He hopes there are enough staff to properly maintain the parks and to explain the rules to visitors, especially newbies.

According to Parks Canada, more than 900,000 people ordered a free Discovery Pass in the first two weeks after they became available last month.

The government predicts visits to national parks, historic sites and marine conservation areas will top last year's attendance of about 24.5 million.

Eric Hebert-Daly, national executive director of the Canadian Parks and Wilderness Society, said the Parks Canada plan is a good idea in principle, but there are some dangers.

Some parks such as Banff, Jasper and the Bruce Peninsula in Ontario are already very busy. Adding more people could take away from their grandeur, he said.

Hebert-Daly said the government should consider better ways to handle traffic in busy parks, including the increased use of shuttle buses.

There are also not enough wardens and scientists to monitor the health of the parks, he said.

"This may be the year where we realize just how overstretched some of these places are," Hebert-Daly said.

Canada's national parks have a long history of attracting tourists eager to view wildlife and wilderness. Increased media attention is expected to draw even more visitors.

National Geographic Traveler magazine has put the Banff area on its "Best of the World" list of 21 must-see places in 2017 and Parks Canada has been busy promoting on social media as part of the Canada 150 campaign.

On Dec. 1 so many people jumped online to get a free annual pass that the department's computer system slowed to a crawl.

Ed Jager with Parks Canada said staff know they are in for a busy year.

The number of cleaning and maintenance crews has been increased to ensure facilities will be kept in shape and that garbage doesn't attract wildlife, he said.

Jager said online orders for annual passes are being tracked to get a sense of which parks will see more traffic. Information about park rules is being sent to visitors.

THE CANADIAN PRESS

A video address by Prime Minister Justin Trudeau is seen during New Year's Eve celebrations that kicked off Canada 150 on Parliament Hill in Ottawa. DAVE CHAN/TORSTAR NEWS SERVICE

HIDDEN GEMS

Parks Canada is also trying to take some heat off of more popular parks by promoting other, less-visited destinations.

The department has released a list of "ten hidden gems" across Canada for people to explore including the Mingan Archipelago National Park reserve in Quebec, L'Anse aux Meadows National Historic Site in Newfoundland and Labrador and Grasslands National Park in Saskatchewan.

PERFUME

Take a whiff of Montreal

At first whiff, the traffic and grime of Montreal's busy downtown may not seem like the best inspiration for a luxurious perfume, but Claude-Andre Hebert begs to differ.

In honour of the city's 375th anniversary, the Montreal-based perfume maker has launched five scents, each inspired by a different area of the city.

One evokes the essence of bustling St-Catherine street, while others try to capture the romance of Old Montreal, the grandeur of old churches, or the scent of the grass on Mount Royal. And how does one capture the scent of a city? Hebert says it starts with a story.

"I always start with a blank page and write a story, and every word that's important in the story is transformed into an ingredient," he said from behind the counter of his St-Denis street boutique.

For the scent inspired by Old Montreal, Hebert said he created a "vintage" perfume with hints of cardamom and cinnamon that brings to mind velvet and lace, the dust of the city streets and the smell of the nearby St-Lawrence river. The floral-scented "Metropole" incorporates tobacco and hops — a nod to downtown nightlife — while the perfume named after Mount Royal includes pine and hints of the incense that wafts over from nearby St-Joseph's Oratory.

Hebert, 47, said he started his own line in 2002 after realizing that most perfume makers focus more on ingredients than on inspiration.

"They talk about the top note, the base note, the patchouli ... it's like a recipe," said Hebert, who previously worked for labels that include Aramis and Thierry Mugler. "For me a perfume is much more than that."

THE CANADIAN PRESS

EMPLOYMENT

Sanctions after foreign worker program reformed

A year after Ottawa rolled out a new scheme to crack down on employers violating the rules of the temporary foreign worker program, only three businesses have been fined or banned for non-compliance.

Advocates and critics said the changes introduced by the former Conservative government were ineffective, and were put in place merely to convince the public something was being done to prevent employers from abusing the program.

As of the end of November, three employers had been found by the federal government to be non-compliant: Obeid Farms in Vanessa, Ont.; a Dairy Queen franchise in Prince Albert, Sask.; and the Regent Hotel in Revelstoke, B.C. While Obeid was given a two-year ban on bringing in migrant workers, the Dairy Queen was fined $1,250 and the hotel was fined $750.

A lawyer for Obeid declined to comment, citing the farm's ongoing litigation against the federal government. The Dairy Queen franchise did not respond to a request for comment about the allegations. The hotel also declined to comment.

120

The Immigration Department said it has received more than 120 tips regarding non-compliance.

On Dec. 1, 2015, Immigration, Refugees and Citizenship Canada, in collaboration with Employment and Social Development Canada, introduced a points system for assessing employer compliance based on the type of violation, history, severity, company size and whether the business co-operates with investigators.

In addition to publicly naming employers alleged to have broken the law, the new regulations include a range of penalties, from a fine of between $500 and $100,000 per violation to a ban from the program from one to 10 years and the revocation of previously issued work permits.

To date, 926 investigations — generally document-based but in some cases involving workplace visits — were initiated, it said. The Employment Department also launched over 2,300 investigations of its own.

TORSTAR NEWS SERVICE

BAGHDAD

Dozens killed in bombing

A suicide bomber driving a pick-up loaded with explosives struck a bustling market in Baghdad on Monday, killing at least 36 people in an attack claimed by Daesh hours after French President Francois Hollande arrived in the Iraqi capital.

The bomb went off in a fruit and vegetable market that was packed with day labourers, a police officer said, adding that another 52 people were wounded.

During a press conference with Hollande, Prime Minister Haider al-Abadi said the bomber pretended to be a man seeking to hire day labourers. Once the workers gathered around, he detonated the vehicle.

Daesh claimed the attack in a statement circulated on a militant website often used by the extremists. It was the third Daesh-claimed attack in as many days in and around Baghdad, underscoring the lingering threat posed by the group despite a string of setbacks elsewhere in the country over the past year, including in and around the northern city of Mosul.

Shiite militiamen loyal to Muqtada al-Sadr, the firebrand cleric for whose family the neighbourhood is named, were seen evacuating bodies in their trucks before ambulances arrived. Dead bodies were scattered across the bloody pavement alongside fruit, vegetables and labourers' shovels and axes. A minibus filled with dead passengers was on fire.

Asaad Hashim, an owner of a mobile phone store nearby, described how the labourers pushed and shoved around the bomber's vehicle, trying to get hired.

"Then a big boom came, sending them up into the air," said the 28-year-old, who suffered shrapnel wounds to his right hand. THE ASSOCIATED PRESS

Mourners carry the flag-draped coffin of one of the victims of the attack at a nightclub on New Year's Day on Monday in Istanbul. Turkey's state-run news agency says police have detained eight people in connection with the attack. EMRAH GUREL/THE ASSOCIATED PRESS

New Year's attack marks beginning of 'open war'

TURKEY

Daesh claims responsibility for shooting in Istanbul club

Daesh claimed responsibility Monday for a mass shooting at an Istanbul nightclub that killed 39 people, most of them foreign tourists, including a Canadian woman, who were ringing in the new year. It was the first claim of its kind for Daesh in Turkey.

The group said Christian revellers were targeted in response to Turkish military operations against Daesh in northern Syria. The claim came after a Daesh propaganda video urging attacks on Turkey, which is home to an airbase used in the U.S.-led effort against Daesh in Syria and Iraq.

Nearly two-thirds of the dead in the upscale club, which is frequented by local celebrities, were foreigners, Turkey's Anadolu Agency said. Many of them hailed from the Middle East.

Citing Justice Ministry officials, Anadolu reported that 38 of the 39 dead have been identified. The report said 11 of them were Turkish nationals, and one was a Turkish-Belgian dual citizen.

The report says seven victims were from Saudi Arabia; three each were from Lebanon and Iraq; two each were from Tunisia, India, Morocco and Jordan. Kuwait, Canada, Israel, Syria and Russia each lost one citizen.

The nightclub assailant, armed with a long-barrelled weapon, killed a policeman and a civilian early Sunday outside the Reina club before entering and firing at some of the estimated 600 people inside.

Daesh group boasts of having cells in Turkey, regularly issues propaganda in Turkish and is believed to have hundreds of Turks in its ranks. But until now, the main act of aggression it had claimed in Turkey was the March 2016 killing of a Syrian journalist and an attack on riot police in the province of Diyarbakir, which Kurdish militants also claimed.

For some analysts, the claim of responsibility signalled a shift in Daesh strategy in Turkey, a predominantly Muslim nation.

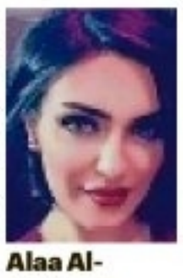
"It's a new phase," security analyst Michael Horowitz said. "What we saw before was an undeclared war, and now we're entering an open war."

The Daesh claim said only that the attacker was a "soldier of the caliphate" who struck to "let infidel Turkey know that the blood of Muslims that is being shed by its airstrikes and artillery shelling will turn into fire on its territories."

By attacking as the nation was celebrating the new year, the group indicated that it intends to continue being a "scourge" against Turkey in 2017, said Turkish Deputy Prime Minister Numan Kurtulmus.

THE ASSOCIATED PRESS

Milton woman among victims



Alaa Al-Muhandis

The Canadian killed in the New Year's attack on an Istanbul nightclub has been identified as Alaa Al-Muhandis, from Milton, Ont.

Several media outlets are reporting that the mother of two was among the 39 killed when a gunman opened fire at a popular Turkish club during New Year's celebrations.

In a statement Sunday, Prime Minister Justin Trudeau confirmed that a Canadian had been killed in the attack and offered his condolences to the "families and friends of all of the victims of this horrible act."

On Twitter, Milton MP Lisa Raitt gave her "sincere condolences to Alaa Al-Muhandis's family and neighbours."

TORSTAR NEWS SERVICE

INAUGURATION

Band marching into a controversy

The marching band of Alabama's oldest private, historically black liberal arts college has accepted an invitation to perform at President-elect Donald Trump's inaugural parade, organizers said.

Talladega College's band will march at Trump's inauguration as other historically black schools such as Howard University, which performed at President Barack Obama's first inaugural parade, said they won't be marching in the Jan. 20 event.

"We were a bit horrified to hear of the invitation," said Shirley Ferrill of Fairfield, Alabama, a member of Talladega's Class of 1974.

"I don't want my alma mater to give the appearance of supporting him," Ferrill said of Trump on Monday.

The move has lit up Talladega College's social media sites with a sharp debate about the band's decision to participate in the parade. Some people voiced strong opposition, while others support participation. THE ASSOCIATED PRESS

IN BRIEF

Scarface the dog attacks family over sweater

Police in Florida say a dog named Scarface attacked a family who tried to put a sweater on it. Tampa police say the pit bull mix bit a 52-year-old woman who was trying to dress it and her husband was attacked while pulling the dog off her. The couple's 22-year-old son was attacked trying to stop the dog by stabbing it in the neck and head. The three escaped the house and left the dog in the backyard. They ended up in hospital. THE ASSOCIATED PRESS

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At least 56 inmates killed in prison riot in Brazil

CRIME GANGS

Some victims were beheaded, dismembered

An attack by members of one crime gang on rival inmates touched off a riot at a prison in the northern state of Amazonas, leaving at least 56 dead, including several who were beheaded or dismembered in the worst bloodshed at a Brazilian prison since 1992.

Authorities said the riot that raged from Sunday afternoon into Monday morning grew out of a fight between two of the country's biggest crime gangs over control of prisons and drug routes in northern Brazil.

In a separate incident Monday evening, four inmates were killed at another Amazonas prison. Police were investigating whether there was a connection between the mass killings at the Anisio Jobim Penitentiary Complex and the later ones at Unidade Prisional do Puraquequara.

Amazonas authorities initially reported 60 dead in the Anisio Jobim prison in Manaus, but the state public security secretary's office later reduced that figure to 56. Officials also said 112 inmates escaped during the riot.

There were 1,224 inmates in the prison, which was built to hold 592, Amazonas state public security's office said. The prison is run by a private company that is paid according to the number of inmates.

Twelve prison guards were held hostage by the inmates during the riot, though none was injured.

"This is the biggest prison massacre in our state's history," Public Security Secretary Sergio Fontes said at a news conference. "What happened here is another chapter of the war that narcos are waging on this country and it shows that this problem cannot be tackled only by state governments."

Fontes confirmed that many of the dead had been beheaded.

The wife of a prisoner who was killed in a riot cries outside Anisio Jobim Penitentiary Complex in Manaus, Brazil, on Monday. It was the worst violence at a Brazilian prison since 1992. EDMAR BARROS/FUTURA PRESS VIA THE ASSOCIATED PRESS

> "I never saw anything like that in my life. All those bodies, the blood."
> Judge Luis Carlos Valois

Judge Luis Carlos Valois, who negotiated the end of the riot with inmates, said he saw many bodies that had been quartered.

"I never saw anything like that in my life. All those bodies, the blood," Valois wrote on Facebook.

It was the largest death toll during a Brazilian prison riot since the killing of 111 inmates by police officers in the Carandiru penitentiary in Sao Paulo in 1992. Police said they acted in self-defence then.

Two other prisons in Manaus also reported riots since Sunday. At one, 72 prisoners escaped, including an inmate who posted a picture of himself on Facebook as he left. Amazonas police were also looking for any links between those two incidents and the riot at Anisio Jobim.

Authorities said that of the 184 inmates who escaped Amazonas prisons the last two days, only 40 had been recaptured.

Fontes said the inmates at Anisio Jobim made few demands to end the riot, saying that hinted at a killing spree organized by members of a local gang, the Family of the North, against those of the First Command of the Capital that is based in Sao Paulo.

Valois said that during the negotiations at Anisio Jobim, inmates asked only "that we did not transfer them, made sure they were not attacked and kept their visitation" rights.

THE ASSOCIATED PRESS

ISRAEL

Police question Netanyahu over corruption allegations

Israeli Prime Minister Benjamin Netanyahu chairs a weekly cabinet meeting in Jerusalem Sunday. THE ASSOCIATED PRESS POOL

Israeli Prime Minister Benjamin Netanyahu was grilled by police investigators for over three hours at his official residence Monday night, opening what could be a politically damaging criminal investigation into suspicions that he improperly accepted gifts from wealthy supporters.

Netanyahu has repeatedly denied wrongdoing, but the involvement of the national fraud squad indicated questions raised about him are considered serious enough to merit an investigation. Police said Netanyahu was questioned "under caution," a term signalling that anything he said could be used as evidence against him.

Israel's Justice Ministry later issued a statement saying Netanyahu was questioned "on suspicion of receiving benefits from business people."

The ministry said investigators also had looked into suspicions of campaign finance irregularities and double billing for travel expenses, but determined there was not enough evidence to merit criminal charges.

THE ASSOCIATED PRESS

RESPONSE

Netanyahu has denied what he calls "baseless" reports about the investigation.

"We are hearing the celebratory mood and the atmosphere in the television studios and the corridors of the opposition, and I would like to tell them, stop with the celebrations, don't rush," he told a meeting of lawmakers from his Likud Party earlier Monday.

VIDEO

Myanmar vows to act on police beating

Myanmar's government has vowed to take action against police officers shown beating villagers in a video that has circulated on the internet.

A front-page story on Monday in the state-owned Global New Light of Myanmar newspaper about the Nov. 5 incident was a rare official acknowledgment of abuses taking place in the western state of Rakhine. The authorities have been conducting counterinsurgency operations there since an attack in October by unidentified armed men killed nine border guards.

1,000

Human rights groups accuse security forces of abuses against the Muslim Rohingya minority in Rakhine, including rape, killings and the burning of more than 1,000 homes. Myanmar authorities have said accounts of abuses are unhelpful exaggerations spread by foreign media.

Monday's story, which cited the office of State Counsellor Aung San Suu Kyi The country's leader — and police, did not say what punishment the police might face, only that "measures are being taken to take action against those who violated police force rules."

The story said the video clip was recorded by a police constable.

It said the "clearance operation" in the area of Maungdaw township leading to the incident began after six attackers on three motorcycles shot at 11 policemen on Nov. 3, killing one police corporal and wounding another.

The account said that police, acting on a tip, then raided a village looking for the attackers. It added that they were told that in the same village lived a man who distributed "fake information" and placards to fuel a protest there when diplomats visited on Nov. 3.

"The operation also uncovered six machetes, one knife and one spear," the story said. "Following the operation, the police released the remaining villagers and urged them to support community peace in the village."

It did not make clear how many villagers were detained or charged.

THE ASSOCIATED PRESS

What to expect from CES 2017

TECHNOLOGY

TVs, cars and more virtual reality in this year's show

Visitors look on as a robot makes coffee with a Bonavita pot during the first day of the Consumer Electronics Show (CES) in Shanghai on May 11, 2016. AFP/GETTY IMAGES

When the annual Consumer Electronics Show takes over Las Vegas on Thursday, the state of our technological nation will be on full display through countless devices and gizmos.

Everything from new product unveilings to decrees from industry associations to all sorts of goofy gadgets are sure to capture the technorati's attention — at least for a nanosecond until they move onto the next bright shiny object.

There may be some true innovations, but technology really is a copycat culture, with electronics companies striving to make sure they at least match their competitors, products lines, and, hopefully, improve on them. In many cases, it's evolution not revolution. At the very least, CES provides a starting road map for consumer technology in 2017. Here are some of the things we expect to see.

SCREEN SCENE

Despite the proliferation of screens of all sizes, televisions are still a huge part of CES. Though the top-end TVs might steal the show, the exposition is also the place to watch for what real people may be going to buy.

This year, 4K will become the standard base model for a lot of manufacturers. There will also likely be more discussion of High Dynamic Range, which is the technology that enhances the colour spectrum on TVs. Currently, there are two competing standards, Dolby Vision and HDR 10. Possibly something will shake out at the CES and one standard can be decided on.

Other than that, expect TVs to get even bigger and thinner, as they become the sheets of glass that all modern TVs aspire to be.

IT'S THE WHEEL DEAL

CES has become more and more of an auto show, with high-tech concept cars and likely plenty of announcements surrounding self-driving car technology expected this year.

Beyond the goal of a driverless car, there will likely be plenty of announcement of new in-car tech and dashboard apps and several car manufacturers and their technology partners.

Faraday Future, which launched with a concept car last year, has said it will show off a production model electric vehicle this year.

REALITY, VIRTUAL OR REAL

With the first wave of headsets out there, the big news will likely be around content, with some of the main players announcing deals to bring more stuff to people who strap on their headsets.

But CES is much more hardware and gadget focused, so we are also probably going to see a number of headsets from manufacturers who have yet to take the leap, including the likes of HP, Dell, Asus and Lenovo.

While the bigger-name manufacturers look to compete with the Oculus Rifts and HTC Vives in the VR world, the other area that's likely to show some action is augmented or mixed reality. At its most basic, these are technologies that can overlay information or images on the real world.

Pokemon Go was this year's breakthrough augmented reality app, but proponents of the technology have huge hopes about how it can change the way we interact with the world. One hypothetical example would be a map app that displayed directional arrows on a car's windshield.

That's still a while away, but expect companies to try to become the first wave of AR devices like headsets, glasses or apps that use a phone's camera and screen to start building the gap.

TORSTAR NEWS SERVICE

UNEMPLOYMENT

Finland to pay unemployed basic income of $587 a month

Finland has become the first country in Europe to pay its unemployed citizens a basic monthly income, amounting to 560 euros ($587), in a unique social experiment that is hoped to cut government red tape, reduce poverty and boost employment.

Olli Kangas from the Finnish government agency KELA, which is responsible for the country's social benefits, said Monday that the two-year trial with the 2,000 randomly picked citizens who receive unemployment benefits kicked off Jan. 1.

Those chosen will receive 560 euros every month, with no reporting requirements on how they spend it. The amount will be deducted from any benefits they already receive.

The average private-sector income in Finland is 3,500 euros per month, according to official data.

Kangas said the scheme's idea is to abolish the "disincentive problem" among the unemployed.

The trial aims to discourage people's fears "of losing out something", he said, adding that the selected persons would continue to receive the 560 euros even after receiving a job.

A jobless person may currently refuse a low-income or short-term job in the fear of having his financial benefits reduced drastically under Finland's generous but complex social security system.

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metro VIEWS
Your essential daily news
Tuesday, January 3, 2017

BRENT TODERIAN ON HOW MATH CAN HELP BUILD GREAT CITIES

The math suggests that we've been doing a lot of things wrong. And the same math can help us understand how to do it better.

First, an admission — when I was in school, math was my least favourite subject.

But these days, as someone who advises cities and best-practice developers around the world on what I call "advanced urbanism," math just might be my favourite thing to talk about.

That's because when it comes to designing and building smarter and more successful places, we understand more about the quantifiable science of cities — the "math of city-making" if you will — than ever before.

When it comes to great cities, I'm the first to point out that not all that counts can be counted. But most of the things we can count lend support to smarter ways of thinking about how our cities grow and change. To be blunt, the math suggests that we've been doing a lot of things wrong. And the same math can help us understand how to do it better.

Here are just a few examples:

- A common political argument is that bike and transit riders should "pay their own way." A study in Vancouver, however, suggested that for every dollar we individually spend one cent. For biking, it's eight cents, and for bus-riding, $1.50. But for every personal dollar spent driving, society pays a whopping $9.20! Such math makes clear where the big subsidies are, without even starting to count the broader environmental, economic, spatial and quality-of-life consequences of our movement choices. The less people need to drive, the less we all pay.

- Another study in Copenhagen (where the full cost of transportation choices are routinely calculated) found that when you factor in costs like time, accidents, pollution, and climate change, each kilometre cycled actually gains society 18 cents!

- Over the last decade, Canadian cities like Calgary, Edmonton, London, Halifax, Regina and Abbotsford have been doing the hard math on the real costs of how and where they grow — not just up or out, but how smarter design choices save costs.

Over the last decade, Canadian cities have been doing the hard math on the real costs of how and where they grow — not just up or out, but how smarter design choices save costs.

The resulting math has been powerful, revealing that tens of billions of dollars in public money have been spent on car-dependent suburban growth rather than on smart infill — and I haven't even yet seen such a study that includes *all* the full and life-cycle costs of our growth choices. Once these shocking numbers are revealed, municipal leaders can't "unknow" them, no matter what political ideology you live by.

Want more examples? There's math showing that replacing on-street parking with safe, separated bike lanes is good for street-fronting businesses. That crime goes down as density goes up. That you can move more people on a street when car lanes are replaced by well-designed space for walking, biking and transit.

Many of the biggest fear-based myths that get raised in city-building conversation are shown to be untrue when you apply cold hard count-ing to the conversation. And that's before we even get to the many intangible and uncountable (but equally well-demonstrated) benefits of smarter city-making. It's important to remember that if we just throw a lot of numbers around, people can easily fall asleep. I sure would.

But when you combine this unprecedented understanding of the math of cities, with a much more engaging, personal and persuasive approach to story-telling, then the conversation can get much more interesting and successful.

So that's why I now love math. If we're not boring about it, it can add up to much better cities.

SKYLINE OF OTTAWA. Many of the biggest fear-based myths raised in city-building conversation are shown to be untrue when you apply cold hard math to the conversation. iStock

Brent Toderian is a leading national and international city planner and urbanist with Toderian UrbanWORKS; Vancouver's former chief planner; & the President of the Council For Canadian Urbanism.

Ottawa racked up some wins in 2016

COLLINS' CAPITAL
Steve Collins

2016 acquired a nasty reputation over its 366 sometimes-dark days (because of course it just had to be a leap year).

A worrisome spike in local homicides, the worst in over 20 years, might have given the impression that Ottawans were dropping off like well-regarded '80s pop stars. But as always, perspective is your friend. Yes, 24 lives is a lot to lose to violence in a gentle place like Ottawa, where police chief Charles Bordeleau puts a normal year's toll at 7-10. But some cities have much larger problems, Chicago, with about three times our population, logged 30 times the murders, at 762.

More quietly, we lose about 40 people each year to drug overdoses, and after much delay, a supervised injection site went from perpetual victim of politics to actual prospect.

Mayor Jim Watson, despite overwhelming evidence that such sites prevent overdoses and curb the spread of infectious disease, has never been overly enthusiastic about such facilities. He'd like to see scarce dollars go to treatment instead. "Philosophically, I've always said that if we have extra dollars, they should be going to getting people off their habits and to help them rehabilitate into society," he said at the year's final council meeting. "That hasn't changed, but the board of health has taken its position and I respect their expertise."

After the board of health's decision, and with a more co-operative federal government in office, the mayor's now predicting at least one site will open in the city before this term of council is up, and he's committing not to get in the way.

With dangerously potent fentanyl now cranking up the risks to drug users, the first site can't open soon enough. Nobody's arguing against treatment, but your chances of getting it increase dramatically if you're still alive.

Transit riders, as they board their possibly renumbered buses for almost certainly higher fares this week, will be reminded that 2017 won't be the year we start riding light rail, but the year we start paying for it, with not one, but two fare hikes.

Still, commuters get a break with the elimination of express fares, and in another breach with our tradition of delay, excuses and general inaction, OC Transpo will finally offer a low-income transit pass this year. The discount isn't as deep or as widely spread as many would like, but after endless debate about which budget the money should come out of and where we might find the offset, some relief is on the way for people who need it.

And 2017 will be a year of coming attractions, after long-overdue movement in 2016 on the Civic Hospital, LeBreton Flats, and — finally — a new central library.

After previous opening dates were announced and scrubbed for 2005 and 2014, we might at last get this job done by 2020, with some welcome co-operation from Library and Archives Canada.

So perhaps we can give poor, 2016 a break, allow that the annus wasn't all horribilis, take every victory it offered, no matter how small, and run with them into 2017.

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SKINCARE

Pseudo-science behind 'clean' beauty product trend: Experts

Melissa Dunne
For Metro Canada

'Clean' beauty claims:

To be taken with a grain of Himalayan crystal salt

Gwyneth Paltrow once infamously bragged about having the butt of a 22-year-old stripper, but perhaps she should have been bragging about having the skin of a 30-ish model.

Whether you love or hate the actress-cum-entrepreneur, one has to admit the skin of the 44-year-old looks ah-mazing on the cover of the new book Goop Clean Beauty, released last week.

The sleek tome, by the editors of her popular lifestyle publication Goop with a foreword by Paltrow, devotes a large chunk to the supposed superiority of "clean … organic, non-toxic" beauty products.

Paltrow, or GP as she likes to call herself, is the latest in a long line of celebs to pitch "clean" makeup and skincare products to average Janes who don't have the skin of a star, but would like to.

Dr. Julia Carroll, a dermatologist with Compass Dermatology in Toronto, says there is immense interest, with patients asking her every day about these kind of products.

"GP's Essential Six" skincare items will cost you about $1,000. Is it worth it? Likely not, said Timothy Caulfield, author of Is Gwyneth Paltrow Wrong about Everything?

The beauty products industry, both in Canada and the U.S., has little government regulation and consequently companies and celebrities have a very wide berth to make all sorts of "sciencey-sounding" claims, he said.

Celebs like Paltrow and Jessica Alba are using fear, pseudoscience, and guilt to sell products to make a lot of money, said Caulfield in a phone interview from Calgary, where he is a Canada Research Chair in Health Law and Policy and a professor in the Faculty of Law and the School of Public Health at the University of Alberta. Carroll concurs.

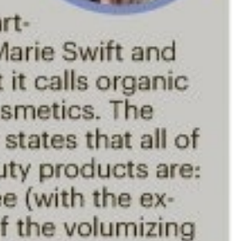
"It's about profit," said the skincare expert in a phone interview. "They're fear mongering."

Carroll advises you take the often-outlandish claims of stars trying to sell you pricey beauty products with a very large grain of Himalayan crystal salt.

Let's face it — no amount of product is likely to give you GP's skin or butt. If you have an actual skin problem, see an actual dermatologist.

BRANDS

Honest Beauty



The Honest Company was co-founded by actress Jessica Alba and sells products made without a long list of what Honest Co. claims are "potentially health-compromising chemicals or compounds." Alba and co. are clearly onto something as Unilever PLC was reportedly in talks this fall to take over the brand for a valuation of about $1.35 billion.

RMS Beauty

RMS Beauty was founded by makeup artist Rose-Marie Swift and sells what it calls organic colour cosmetics. The company states that all of their beauty products are: gluten free (with the exception of the volumizing mascara), GMO free, soy free, and nano free. Supermodel Gisele Bündchen is among stars who have endorsed the items, bearing the minimalist RMS logo.

RENAMED, RENUMBERED, REVISED
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EXPRESS ROUTES
- Express routes will be renamed Connexion and renumbered in the 200s
- Cost to ride will be reduced to regular fare
- Connexion routes skip some Transitway Stations in the afternoon

Connexion

ORLÉANS
- Routes 20A and 120 will be combined as new Route 33
- Routes 30 and 130 will be combined as Route 30

KANATA
- Routes 60, 64, 93, 165, 181 and 182 will be renumbered and changed to serve the new Park & Ride at Innovation Station

NEW NUMBERS
- Routes 24, 40, 43, 67 and 140 will be renumbered as Connexion Routes in the 200s
- Routes 201, 202, 203, 204 and 205 will be renumbered as Shopper Routes in the 300s

ROUTE 5
- Will be split in two - routes 5 and 19

HOLIDAYS
- Most routes will have revised schedules during the holidays, December 26 to January 6

WINTER SCHEDULES
- New schedules go into effect on most routes beginning December 25

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OUR TRANSIT FUTURE IS ON TRACK

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NEW YEAR PLANS

Keep resolutions within your budget

With the dawn of a new year, it's natural for people to see a bigger, better version of themselves over the next 12 months. But some of the most common promises we make can be costly. Here is how to keep them without breaking the bank:

Eat healthier

While food prices have been falling recently, they're expected to swing up again in 2017, which could make it more expensive to maintain a healthy diet. But it's possible to eat well on a budget, says Leanne Brown, author of the cookbook Good and Cheap.

"The No. 1 thing you can do is really begin to embrace cooking," she says, encouraging the use of raw ingredients over processed ones as the latter tend to cost more.

Other tips include buying items that can be used in multiple recipes, such as canned tomatoes; buying in bulk if possible; and slowly building a pantry full of staples.

She suggests purchasing produce that's in season and always having eggs in the fridge, as they're a cheap and easy-to-cook source of protein.

Before heading to the store, Brown recommends checking what produce is left in the house and figuring out a way to use leftovers, even if they're slightly wilted, to reduce waste.

Boost net worth

Canadians continue to rack up record amounts of debt, so it shouldn't be surprising that some may want to pay back their creditors or stash away a nest egg for the future. A DIY approach that doesn't require shelling out for a financial adviser or planner can work.

"It doesn't have to be that complicated," says Shannon Lee Simmons, founder of the New School of Finance, a Toronto-based business that offers fee-only planning and personal finance e-courses. "You could do this all yourself with just an Excel spreadsheet."

For those looking for something more advanced, and willing to spend some money, Simmons says there are plenty of online courses that guide students through financial literacy basics or target specific life stages, like planning for a baby or house purchase.

Get fit

Boutique gym memberships, personal trainers and high-tech equipment can cost a bundle, but working out can be effective on any budget. There's a plethora of free or inexpensive exercise videos on the Internet people can follow along with at home, says Simmons. For people who want to learn from a personal trainer before starting to work out at home, Simmons recommends finding an expert willing to barter. Those wanting the camaraderie of a fitness class can scour coupon sites like GroupOn for deals or buy a pass like ClassPass that allows users to sample a wide range of gyms, she says.

Read more

It's not necessary to have a shiny, new e-reader and shelves of the latest books to be well-read. There are plenty of free or inexpensive options for stocking up on literature. Ask friends and family to swap or borrow books — also a good way to stumble into new genres — or shop in second-hand stores rather than buying new. Visit the local library. They also often lend e- and audio-books and passes to local attractions.

Check to see if there are any so-called little free libraries in the neighbourhood — they come in the form of little wooden boxes often outside a home, filled with books for passersby to "take a book, return a book," according to the Little Free Library, an American non-profit organization that promotes literacy.

THE CANADIAN PRESS

Shannon Lee Simmons says boosting your net worth doesn't have to be that complicated. FRANK GUNN/THE CANADIAN PRESS

How would you like to tip zero per cent?

HOSPITALITY

Industry split on moving to non-gratuity model

Restaurant owners are grappling with the thorny and complex issue of balancing the huge discrepancy in income between servers and kitchen staff created by the current practice of tipping.

Front-of-house staff generally receive a gratuity of between 15 per cent and 22 per cent while cooks who make the food may labour for minimum wage.

"The truth is labour costs are going up, minimum wages are going up, restaurant margins are going down, and so in order to close that gap and keep people working in the kitchen, restaurants are going to start taking control of that tipping revenue as a way of just making sure they can continue to meet labour costs," says Mike von Massow, a professor in the department of food, agriculture and resource economics at the University of Guelph.

The issue of tipping differs depending on the industry sector — fine dining, casual or quick service.

"And even within the certain sectors — we've done some surveys and whether to move to a non-tipping model or not — our industry is split almost evenly on the issue," says Mark von Schellwitz, vice-president for Western Canada for Restaurants Canada, who is based in Vancouver.

"There's certainly no consensus on which way to go."

Proposed models include a hospitality charge, profit sharing or a hybrid plan in which there's a moderate increase in pricing along with a small service charge.

"I'm very much in favour of cooks and waiters and all restaurant employees making a living wage, which many of them don't at this time," says Anthony Bourdain, host of Parts Unknown which airs on CNN.

"Is the no-tipping, service-included plan the way to get there? I don't know. I'm open-minded about it. I tip 30 per cent. Everyone should, in my view, but absent that, I suspect it's the future."

An old tip jar at a coffee shop in Toronto makes a compelling argument for tipping. But the issue has become more complex this year. TORSTAR NEWS SERVICE FILE

Dining chain Earls launched a 16 per cent hospitality charge in July at its 67th location, in downtown Calgary, to test the waters.

Craig Blize, vice-president of operations says the experiment, which the company will begin to evaluate in January, has been "polarizing."

"A lot of our staff love it. Our kitchen staff definitely loves it and our support staff loves it and the majority of the servers do as well," says Blize, who is based in Vancouver.

"There have been some staff that have been disgruntled or haven't liked that option so we have moved them to other Earls where we do have tipping." There are no plans to roll the policy out to other locations.

Meanwhile, some guests love the all-inclusive charge while others "despise" it because they feel they've lost control over recognizing the service they've received. Earls.67 will waive the hospitality charge if a client is displeased with the food or service.

"Unless we're willing to pay more for food, which I think we should be doing anyway, I think tipping needs to be something we should still see as a valuable thing of celebrating getting good service."

Ned Bell, Vancouver Aquarium's Ocean Wise executive chef

But evidence suggests people don't vary their tipping much whether they've received good or bad service, says von Massow. "It's a social norm. We just do it anyway."

In the history of gratuities, "tips" was an acronym for To Insure Prompt Service.

"When it began originally, I believe it was in the U.K., the tip was paid before the meal, so you gave the server a little bit of money just to make sure you got good service, then it evolved to coming after the meal," says von Massow.

"In fact, most of Europe has moved away from tipping even though that's where it began. It's deeply rooted here."

THE CANADIAN PRESS

JOHANNA SCHNELLER **WHAT I'M WATCHING**

Leaving us gasping for more

Music, directing, writing and acting come together in a startling way in Brit Marling's The OA. CONTRIBUTED

THE SHOW: The OA, Season 1, Episode 5 (Netflix)
THE MOMENT: The gasp (spoiler alert)

The OA (Brit Marling) and four others who've had near-death experiences are being held prisoner in adjoining Plexiglas cells by Dr. Hunter Hap (Jason Isaacs), who's desperate to prove there's an afterlife. But one of his experiments goes too far.

In grief and defiance, The OA begins a series of movements she learned in the afterlife. In the next cell, Homer (Emory Cohen) joins in. (Music begins to play on the soundtrack.) The lights dim for night. The pair continue moving in the dark.

In the morning, Homer and the OA are still dancing. (The music changes.) Rachel (Sharon Van Etten) notices something in the next cell. (The music swells.) Homer and The OA dance. Suddenly, another character sucks in his breath.

Watching this in my office with headphones on, I sucked in my own breath so loudly that my dog, asleep at my feet, woke up barking.

This series is impossible to describe. Essentially, it's about goodness, but it's all tone and mood.

The plot sounds absurd unless you're inside its spell. This is possible only because the creators — Marling and her frequent collaborator Zal Batmanglij write it, Marling stars in it, and Batmanglij directs — were able to realize a unified vision.

With most art, you aim for greatness and then accept when it eludes your grasp.

Here, Marling and Batmanglij create a perfect moment where writing, acting, direction and music come together in a way that's both startling and inevitable. That gasp is the rare sound of getting it right.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

ORDER OF CANADA

Tagaq is not into 'happy, pretty' art

Tanya Tagaq Gillis was among 100 awarded the Order of Canada. SIX SHOOTER RECORDS

As Canada enters a year marked by national birthday celebrations and the beginnings of an inquiry into the country's past, sordid treatment of its indigenous peoples, Nunavut-based throat singer Tanya Tagaq Gillis hopes her music will open minds and lead to change.

So far, though, she's been confronted by some closed ones — people who send her hate mail over how her art form breaks from tradition.

At home in the North, Tagaq Gillis, who is among the latest list of 100 Canadians to be awarded the Order of Canada, sees herself just like anyone else.

"I'm a very peaceful, lasagna, Betty Crocker mom when I'm not on stage," Tagaq Gillis said.

But in the spotlight, her persona can be dark and her music an intense ballet, often with psychedelic undertones and animalistic fury.

"I'm not into happy, pretty, sweet art that I can eat with a spoon," said the 41-year-old mother from Cambridge Bay.

Sometimes her art comes in the form of a statement of outrage over things like the sexual abuse that has permeated some indigenous communities and society's worship of oil and material wealth.

"There's a correlation between the sounds that I am making that are 'strange or ugly' and rampant child abuse in Nunavut," said Tagaq Gillis, who said she gets much inspiration from other contemporary artists. She mentions entertainer Britney Spears and conceptual portrait photographer Cindy Sherman.

Jan Andrews, who was also named Friday as a member of the Order of Canada, expresses herself differently, more quietly.

But the storyteller and author of a number of children's books, including Rude Stories, is just as passionate in describing how Canada's evolving diversity has allowed her to open up about her own life.

Known widely for leaving audiences quietly spellbound by her storytelling performances, Andrews' most recent recorded work is Written in the Body, a story about gender confusion and something that is part of her own life story.

"I grew up in a time when lesbians just didn't exist," said Andrews, who was born in 1942.

"I remember, growing up as a kid, what I wanted more than anything else was to be a boy."

Canadians can be "inspired" by the latest recipients of the Order of Canada, Gov. Gen. David Johnston said in announcing the appointments, comprised of 75 members, 22 officers and three companions — the highest elevation of the title.

The list also includes former Supreme Court of Canada Justice Morris Fish and former federal Liberal leader Michael Ignatieff.

THE CANADIAN PRESS

TELEVISION

Carey finds voice in war of words over New Year's nightmare

Dick Clark Productions is hitting back against Mariah Carey's claim it sabotaged her live performance on its New Year's Rockin' Eve special.

Carey's disaster during the annual New Year's Eve special in Times Square made international headlines: The superstar vocally stumbled through her short set, failing to sing for most of it despite a pre-recorded track of her songs playing in the background.

Carey was visibly upset during the performance and afterward tweeted "(expletive) happens." Her representative Nicole Perna blamed technical difficulties, and in an interview with Billboard she said Dick Clark Productions hampered Carey's performance.

"She was not winging this moment and took it very seriously," Perna told Billboard. "A shame that production set her up to fail."

Perna said Carey's earpiece wasn't working and she flagged the issue to the production team but was told it would be OK when she got on stage.

"However, that was not the case, and they were again told that her earpiece was not working," Perna said. "Instead of endeavouring to fix the issue so that Mariah could perform, they went live."

In a statement released on Sunday, the production company called such claims "absurd."

Mariah Carey and her team of dancers endured a mortifying New Year's Eve performance. EUGENE GOLOGURSKY/GETTY IMAGES

"As the premier producer of live television events for nearly 50 years, we pride ourselves on our reputation and long-standing relationships with artists," it said. "To suggest that DCK (Dick Clark Productions), as producer of music shows including the American Music Awards, Billboard Music Awards, New Year's Rockin' Eve and Academy of Country Music Awards, would ever intentionally compromise the success of any artist is defamatory, outrageous and frankly absurd."

It said that in "very rare instances" there are technical errors that can occur with live television. It said an initial investigation, however, indicated it had no involvement in the challenges associated with Carey's performance.

"We want to be clear that we have the utmost respect for Ms. Carey as an artist and acknowledge her tremendous accomplishments," it said.

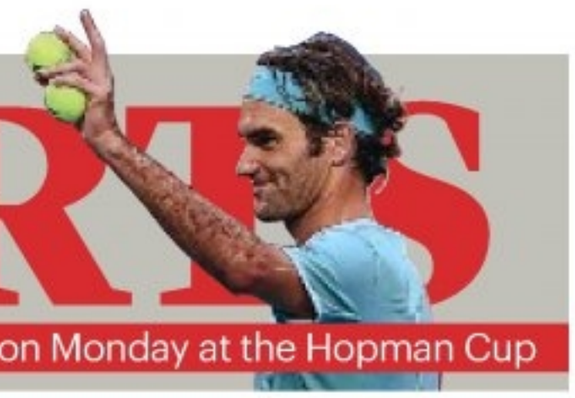
A person familiar with the production of the show who asked for anonymity to speak publicly about the incident said all of the other performers, including Gloria Estefan, rehearsed onsite for their performances and Carey was there but had a stand-in for her rehearsal, atypical for the show's performers. The person said all of the monitors were working and no technical problems were found.

Perna later disputed the claim that Carey did not rehearse.

"Mariah did in fact rehearse at 3 p.m., Perna said. "She went through vocals and her team ran through sound. All was well at rehearsal. She was prompt for rehearsal and her performance."

THE ASSOCIATED PRESS

metro SPORTS



Roger Federer returned from six months on the sidelines with a knee injury to beat Dan Evans 6-3, 6-4 on Monday at the Hopman Cup

Opposites attracted to net

WORLD JUNIORS

Team Canada goalies a case of contrasting personalities

Team Canada goaltender Connor Ingram has allowed three goals in two games — a win and a loss. RICK MADONIK/TORSTAR NEWS SERVICE

Truth be told, Connor Ingram never wanted to be a goalie.

But as the youngest of four brothers in a very athletic — and apparently rambunctious — family growing up Imperial, Sask., it fell to the littlest.

"Someone had to play net in ministicks," said Ingram. "That's where it started."

In terms of wins, goals against and other on-ice matters, Canada's two goalies couldn't be more similar through their junior careers in the Western Hockey League. Both have the confidence of Hockey Canada coach Dominique Ducharme.

"It's a daily decision for us, who is going to play," said Ducharme. "We want to evaluate our guys every day."

But off the ice, they are very different. Ingram — of the Kamloops Blazers — is an extrovert who can tell a story. Carter Hart — of the Everett Silvertips — is introspective, using the power of positive thinking and the help of a psychologist to carry the weight of a netminder.

"The game has now evolved so much that it's almost 90 per cent mental and 10 per cent physical," said Hart. "It's really what's in your head and what you can control.

"When you give up a goal: refresh or refocus. That's the past, and just worry about stopping the next one. Just have that mindset every time."

There may not be a position in all of hockey that's less appreciated than being Team Canada's netminder at the world junior hockey championship.

Canadian goalies seem to take the blame when Canada comes up short, but they rarely get the credit when Canada gets gold. Those accolades tend to go to the offensive stars.

So while it takes all kinds to tend net, it takes something a little extra to play in a tournament like this. Ingram developed his devil-may-care philosophy playing with his older brothers: Bryce, Mark and Keeran.

"Usually Bryce would have one or two friends over if Mom and Dad were gone," said Ingram. "There would be wrestling matches. It would get pretty heated."

But once it turned to ministicks, there were rules:

"Our goal was the fireplace, covered by a screen. And it had tile base, and on either side were windows covered by venetian blinds," said Ingram. "If you hit the screen, or hit the tile, it was a goal. If you hit Mom's venetian blinds, it's a penalty shot. Don't put holes in the wall. Eat your Kraft dinner."

Connor didn't play net on the ice until he was 12, but it's worked out, at least this far. He was drafted in June in the third round by the Tampa Bay Lightning.

Hart, drafted in the second round by the Philadelphia Flyers, started in net younger.

"Originally, I was a forward because I wanted to be like my dad," said Hart. "Then I strapped on the pads one game — our novice goalie got hurt. I didn't do very well, but I liked it a lot more than scoring the goals.

"The next year, my parents asked if I wanted to be a goalie or a forward. I said I wanted to be a goalie. My dad is like, 'Oh no.' But I liked it a lot more than being a forward."

Hart came into the world juniors with the expectation of being Canada's top goalie, but Ingram appears to have taken the job.

They split the first two games: Hart won his two, against Russia and Slovakia, allowing five goals. Ingram was 1-1, allowing only three goals. He shut out Latvia (which managed just six shots) and allowed three in a 3-1 loss to the Americans.

TORSTAR NEWS SERVICE

> **It's a daily decision for us, who is going to play. We want to evaluate our guys every day.**
> Coach Dominique Ducharme

ON MONDAY

QUARTER-FINALS
Russia 4, Denmark 0
Sweden 8, Slovakia 3
U.S. 3, Switzerland 2
Canada-Czech Rep.*

RELEGATION ROUND
Finland 2, Latvia 1

*Monday's late game

PREMIER LEAGUE

Reds' win streak ends with 2-2 draw

Jermain Defoe denied Liverpool a fifth successive English Premier League win by scoring twice to give struggling Sunderland a 2-2 draw on Monday.

Sadio Mane, playing his final game before heading to the African Cup of Nations with Senegal, looked to have won the game for Liverpool in the 72nd minute after Defoe had cancelled out Daniel Sturridge's opener by converting a penalty.

However, Mane's handball with five minutes presented a second penalty that Defoe also scored to secure a valuable point in Sunderland's bid for survival.

Liverpool is in second place, five points behind Chelsea, which can pull eight points clear of Juergen Klopp's side with a victory at Tottenham on Wednesday.

> **Usually what you have to do to get a penalty, to get two, that was harsh, very hard to accept.**
> Liverpool's Juergen Klopp

The manner of Liverpool's 19th-minute opener jarred with the quality of the early attacking play in northeast England. Defender Dejan Lovren scuffed his attempted volley from James Milner's corner harmlessly into the ground but saw the ball bounce up off the turf for Sturridge to head past helpless goalkeeper Vito Mannone from close range.

But Sunderland was level six minutes later. Liverpool defender Ragnar Klavan clumsily upended midfielder Didier Ndong as he burst into the penalty area and Defoe slammed the resulting penalty into the bottom corner.

THE ASSOCIATED PRESS

NFL

Kubiak chooses his health over job

Denver Broncos coach Gary Kubiak stepped down from his dream job on Monday because of health concerns, saying "the demands of the job are no longer a good fit for me."

Kubiak missed a week of work in October after suffering a complex migraine, his second health scare in three years.

Kubiak went 24-11, including a victory in Super Bowl 50, but a 9-7 finish this season kept the Broncos out of the playoffs.

General manager John Elway said he was saddened and disappointed in Kubiak's resignation, "but I understand and respect Gary for doing what's right for him and his family."

Gary Kubiak GETTY IMAGES

Elway now embarks on his third head coaching search in his six seasons as Broncos GM.

THE ASSOCIATED PRESS

NCAA

Duke's Coach K slated for time off after back surgery

Hall of Fame Duke basketball coach Mike Krzyzewski is stepping away from the team to have lower back surgery.

The school announced Monday that the procedure is scheduled for Friday, with an anticipated recovery time of four weeks. Krzyzewski, 69, will coach Wednesday night's game against Georgia Tech before handing off to associate head coach Jeff Capel. THE ASSOCIATED PRESS

NCAA FOOTBALL

Hawkeyes can't handle Gators' bite

Austin Appleby threw for 222 yards and two touchdowns, helping No. 20 Florida end a two-game losing streak with a 30-3 rout of No. 21 Iowa in the Outback Bowl on Monday.

Mark Thompson scored on an 85-yard pass play in the first half and Appleby tossed a six-yard TD pass to DeAndre Goolsby to break the game open late in the third quarter. Chauncey Gardner Jr. also returned one of his two fourth-quarter interceptions for a score. THE ASSOCIATED PRESS

Florida QB Austin Appleby passes against Iowa in Tampa, Fla. GETTY IMAGES

ON MONDAY

Man City 2, Burnley 1
Liverpool 2, Sunderland 2
West Ham 0, **Man United 2**
Everton 3, Southampton 0
West Brom 3, Hull 1
M'brough 0, Leicester 0

MAKE IT TONIGHT

Spicy Curried Pumpkin Soup

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

We've packed this soup with vitamin-rich pumpkin, spices and creamy coconut milk.

Ready in 40 minutes
Prep time: 30 minutes
Cook time: 10 minutes
Serves 4

Ingredients
- 1 or 2 glugs of olive oil
- 1 onion, diced
- 2 cloves of garlic, minced
- 1 tsp ginger, minced
- 1 tsp cumin
- 1 tsp ground coriander
- 1 tsp curry powder
- 1 tsp salt
- 1 x 14 oz. pumpkin purée (not pie filling!)
- 2 cups low-sodium vegetable or chicken stock
- 1 cup water
- 1 x 14 oz. coconut milk (Try lite for all the flavour and less fat)

Directions

1. Warm olive oil in a large pot over medium heat. Add onions and garlic until they soften. Now add spices and let cook a few minutes. Keep stirring so they don't start to stick to the bottom of your pot.

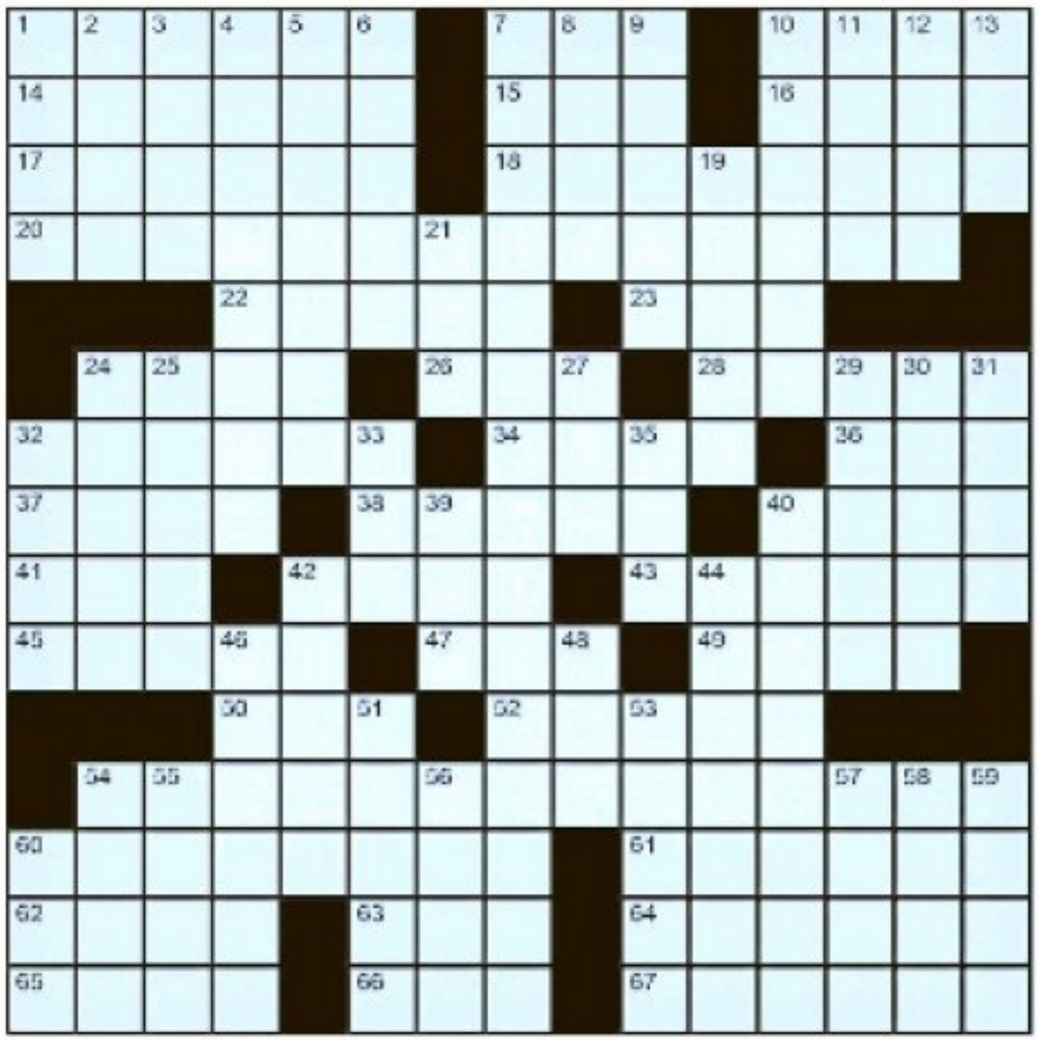
2. Empty pumpkin purée into the pot and give it a mix with the onions and spices. Now add stock, water and coconut milk. Let simmer about 20 minutes, stirring occasionally. Don't let it get too hot or the coconut milk may split.

3. Turn off the heat and allow the soup to cool a bit before either putting into the blender in batches to purée or just giving a whiz with a submersion blender. Warm again and serve.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Lorraine of "Rizzoli & Isles"
7. And so forth [abbr.]
10. Niagara-on-the-Lake theatre festival
14. Lucy Maud Montgomery's gig
15. Bucharest money
16. Skier's one-of-two
17. Trickiest
18. Town in central Alberta
20. Taking the stairs instead of the escalator when possible, having an apple instead of apple pie, etc.: 2 wds.
22. Anteater's nozzle
23. Traveller's way, briefly
24. Vintage arcade game, __-Ball
26. "Hello" singer's initials-sharers
28. No __ Salt (Food label info)
32. Shaped like a box
34. 'Alphabet' suffix
36. Cubed food flavouring brand
37. Some sea birds
38. Desi Arnaz's actress daughter
40. Montreal 'honey'
41. "House" actor Mr. Penn
42. Prince Charles, some day
43. Putter's positioning
45. Playwright's production place
47. Match
49. Down Under boots
50. Tolkien creature
52. Dick __ Jr. (Canadian broadcasting legend)
54. They're quite helpful in making Resolutions turn into realities: 2 wds.
60. 'Canada's Victorian Oil Town', located in southern Ontario near Sarnia
61. Figure of speech
62. Shield border
63. Person in command [abbr.]
64. Capital of Kansas
65. Podium
66. French language possessive
67. "__ House" (1978)

DOWN
1. Big party
2. Sporting guideline
3. "Right back __ __!" (Same to you!)
4. Bill and Hillary's daughter's namesakes
5. Kevin of "Field of Dreams" (1989)
6. Prefix to 'dontist' (Teeth specialist)
7. Instruments in Randy Bachman's collection: 2 wds.
8. High-__ (Electronically advanced)
9. "My Fair Lady" (1964) director George
10. Made the recipe 'hot'
11. Digger's creation
12. Shakespeare play title-starter
13. Mini
19. St. __ (District of Winnipeg)
21. Montreal airport code
24. Gym movement for legs
25. "__, Fran and Ollie"
27. Biology, e.g.
29. Faring
30. Business bigwigs, briefly
31. Chiquita's competitor
32. __ Fifth Avenue
33. Inventor Mr. Whitney
35. Ancient bronze money
39. Cologne conjunction
40. Hawaii-set crime/action show of '80 to '88: 2 wds.
42. The Way of the Sword
44. Collegiate cost
46. Styles
48. 'Bit' of breakfast
51. Driving costs
53. Panorama
54. Michael of "Juno" (2007)
55. Mythical Hun king
56. Military assistant
57. Carpe __! (Seize the day!)
58. Betty White's "Hot in Cleveland" character
59. Sigil
60. Pocket-full-of-peas

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
This is a good day to wrap up old business with bosses, parents and VIPs. In fact, you will be surprised at how quickly this can be done.

Taurus April 21 - May 21
You will be pleased to know how fast you can finish school papers or writing projects. That's because it's the perfect day to "finish" things.

Gemini May 22 - June 21
During a discussion with others, you can wrap up loose details about taxes, debt, insurance issues, shared property and inheritances. It's a good day to get these things done.

Cancer June 22 - July 23
Conversations with partners and close friends will be pleasant and practical at the same time today. Fortunately, all parties are interested in getting things done.

Leo July 24 - Aug. 23
You can expect to be involved with your job in a hands-on way today. Roll up your sleeves and dig in, because once you make the effort, you will be pleased with the results.

Virgo Aug. 24 - Sept. 23
If you write, act, teach or work in the arts, you will be creative today. You will see how to present things in the most attractive way possible.

Libra Sept. 24 - Oct. 23
Family discussions, especially about home repairs or practical matters, will go well today. People are friendly and co-operative. What more could you want?

Scorpio Oct. 24 - Nov. 22
This is a strong day for writers, actors and teachers, as well as sales and marketing professionals, because your speech will be charming.

Sagittarius Nov. 23 - Dec. 21
Business and commerce are favored today, which is why you should respect your money-making ideas. If out shopping, you will want to buy beautiful things for yourself and loved ones.

Capricorn Dec. 22 - Jan. 20
You might run into someone from your past today. If so, the conversation will be pleasant, although a bit superficial. This is not surprising, is it?

Aquarius Jan. 21 - Feb. 19
Someone younger might have bright ideas about how to boost your income or spend your money on a meaningful purchase. It never hurts to listen, does it?

Pisces
Feb. 20 - March 20
A conversation with a boss or parent will go well today. People want to help you, and you are ready to say "yes."

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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Your crossword and Sudoku answers from the Dec. 26 play page.

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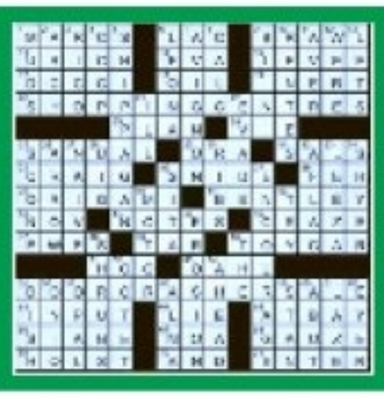

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